

SOUTHERN NEW HAMPSHIRE SERVICES, INC. – CHILD DEVELOPMENT PROGRAM SAFE SLEEP PROCEDURES FOR INFANTS

Southern New Hampshire Services, Inc. has developed this Safe Sleep Procedures to describe the practices to be used to promote safe sleep when infants are napping or sleeping. These practices aim to reduce the risk of sudden infant death syndrome (SIDS) or suffocation death and other infant deaths that could occur when an infant is in a crib or asleep.

All staff, parents/guardians, volunteers and others approved to enter rooms where infants are cared for, will receive a copy of Southern New Hampshire Services, Inc. Safe Sleep Procedures and additional educational information and training on the importance of consistent use of safe sleep practices before they are allowed to care for infants (i.e., first day of employment/volunteering/subbing). Documentation that training has occurred and that these individuals have received and reviewed the written procedures will be kept on file.

Safe Sleep Practices

All staff, parents/guardians, volunteers and others who care for infants in the child care setting will follow these required safe sleep practices as recommended by the *American Academy of Pediatrics (AAP)*, *NH Child Care Licensing*, *Early Head Start* and *NAEYC*:

- a. Infants up to twelve months of age will be placed for sleep in a supine position (wholly on their back) for every nap or sleep time unless there is written medical orders requiring an alternate position;
- b. Infants will be placed for sleep in safe sleep environments; which includes: a firm crib mattress covered by a tight-fitting sheet in a safety-approved crib (the crib should meet the standards and guidelines reviewed/approved by the U.S. Consumer Product Safety Commission [CPSC] and ASTM International [ASTM]), no monitors or positioning devices should be used unless required by the child's primary care provider, and no other items should be in a crib occupied by an infant except for a pacifier;
- c. Infants will not nap or sleep in a car safety seat, bean bag chair, bouncy seat, infant seat, swing, jumping chair, play pen or play yard, highchair, chair, futon, or any other type of furniture/equipment that is not a safety-approved crib (that is in compliance with the CPSC and ASTM safety standards);
- d. If an infant arrives at the facility asleep in a car safety seat, the parent/guardian or caregiver/teacher will immediately remove the sleeping infant from this seat and place them in the supine position in a safe sleep environment (i.e., the infant's assigned crib);
- e. If an infant falls asleep in any place that is not a safe sleep environment, staff will immediately move the infant and place them in the supine position in their crib;
- f. Only one infant should be placed in each crib;
- g. Soft or loose bedding will be kept away from sleeping infants and out of safe sleep environments. These include, but are not limited to: bumper pads, pillows, quilts, comforters, sleep positioning devices, sheepskins, blankets, flat sheets, cloth diapers, bibs, etc. Also, blankets/items should not be hung on the sides of cribs.
- h. Swaddling infants when they are in a crib is not necessary or recommended, but rather

- one-piece sleepers should be used.
- i. Toys, including mobiles and other types of play equipment that are designed to be attached to any part of the crib will be kept away from sleeping infants and out of safe sleep environments;
 - j. When caregivers/teachers place infants in their crib for sleep, they will check to ensure that the temperature in the room is comfortable for a lightly clothed adult, check the infants to ensure that they are comfortably clothed (not overheated or sweaty), and that bibs, necklaces, and garments with ties or hoods are removed (clothing sacks or other clothing designed for sleep can be used in lieu of blankets);
 - k. Infants will be directly observed by sight and sound at all times, including when they are going to sleep, are sleeping, or are in the process of waking up; Bedding should be changed between children, and if mats are used, they should be cleaned between uses.

References: *NH Child Care Licensing Rules, American Academy of Pediatrics, NAEYC, Head Start Performance Standards, Caring for Our Children*

Staff Member/Volunteer: _____ Date: _____

Center/Classroom: _____